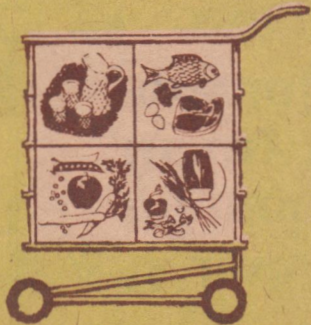
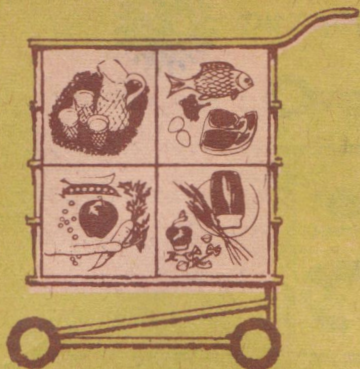


Merrymeals with Kid Appeal

(fun eating
for the whole family)



american dairy association



Easy new ways to Balance your budget with thrifty food specials

Balance your diet and put new flavor excitement into everyday meals with appetizing combinations using the Basic 4 Food Groups. It's easy to give your family the nourishing meals they need when you use the Daily Food Guide below. On the following pages you'll find four daily menus that are carefully planned to include servings from each of the Basic 4 Food Groups. Try them soon!

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Your daily food guide



1. Milk & Dairy Foods

3 to 4 glasses milk—Children.
Smaller glasses for some children under 9
4 or more glasses—Teen-agers
2 or more glasses—Adults
Cheese, ice cream, and other milk-made foods can supply part of the milk.



2. Meat Group

2 or more servings
Meats, fish, poultry, eggs or cheese—with dry beans, peas, nuts as alternates.

3. Fruits & Vegetables

4 or more servings
Include dark green or yellow vegetables; citrus fruit or tomatoes.



4. Breads & Cereals

4 or more servings
Enriched or whole grain, added milk improves nutritional value.



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Tomato Juice
Cereal, Banana and Cream
Surprise Muffins*, Butter
Eggnog

Breakfast

*SURPRISE MUFFINS

Muffin pan, 12-cup
Preheated 425° oven

- 2 cups sifted regular all-purpose flour
- 3 tablespoons sugar
- 3 teaspoons baking powder
- ½ teaspoon salt
- ¼ cup (½ stick) butter
- 1 egg
- 1 cup milk
- ½ cup cherry preserves

Into a mixing bowl sift together flour, sugar, baking powder and salt; cut in butter until it resembles coarse meal. Form well in center. Beat together egg and milk; pour into well; stir just until dry ingredients are moistened (about 25 strokes). Batter will be lumpy. Fill muffin cups ¾ full; carefully center 2 teaspoons preserves in batter; cover with additional batter to fill cups ¾ full. Bake 20-25 minutes. Makes 12 muffins.



Lunch

Broiled
Cheese-Bologna Sandwich*
Relish Coleslaw (pg. 15)
Raggedy Ann Pudding*
Milk

*BROILED CHEESE-BOLOGNA SANDWICH

For each sandwich butter a slice of whole wheat bread. Top with 2 slices bologna, a thin slice of onion, another slice of bologna and a slice of Cheddar cheese. Place under preheated broiler until cheese melts. Serve hot topped with a tomato wedge.

*RAGGEDY ANN PUDDING

4 servings

Prepare 1 package (3¼ oz.) instant vanilla pudding according to package directions; pour into 4 shallow, round dessert dishes; chill. Just before serving make a face on each pudding: Sprinkle chocolate wafer crumbs around half the edge of pudding for hair; place a piece of cherry for mouth and raisins for nose and eyes.

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Dinner

Pepper Steak, Cheddar Noodles*
Tossed Salad, Quick Sour Cream Dressing (pg. 15)
Enriched White Bread, Butter
Cubed Fruit Flavor Gelatin with Cream
Milk

*PEPPER STEAK, CHEDDAR NOODLES

4 servings
Skillet, 10-inch

- ¼ cup (½ stick) butter
- 1½ pounds beef (round or sirloin tip)
cut in strips 2 x ½ x ¼-inches
- ½ teaspoon garlic powder
- ½ cup chopped onion
- 1½ green peppers, cut in julienne strips
- 1 can (1 lb.) tomatoes
- 1 beef bouillon cube
- 1 tablespoon cornstarch
- 2 tablespoons water
- 2 tablespoons soy sauce
- 1 teaspoon sugar
- ½ teaspoon salt
- 3 cups wide noodles
- 1 cup (4 oz.) shredded
Cheddar cheese

In skillet melt butter; add beef and sprinkle with garlic powder. Sauté, stirring occasionally, until browned. Remove meat from skillet; add onion and green pepper and sauté 2 minutes. Return meat to skillet along with tomatoes and bouillon cube. (If using round steak simmer 15-20 minutes; if using sirloin tip simmer 5 minutes.) Blend together cornstarch, water, soy sauce, sugar and salt. Add to meat mixture and cook, stirring constantly, until thickened. Reduce heat and cook 2 additional minutes. Meanwhile prepare Cheddar Noodles. Cook noodles according to package directions; drain. Toss with Cheddar cheese. To serve, spoon Pepper Steak over Cheddar Noodles.

Orange Wedges, Confectioners Sugar
Buttermilk Waffles*

Butter, Strawberry Sauce (pg. 14)
Canadian Bacon
Cocoa

Breakfast

***BUTTERMILK WAFFLES**

3 large waffles
Preheated waffle baker

- 1½ cups sifted regular all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 2 egg yolks, slightly beaten
- 1½ cups buttermilk
- 6 tablespoons (¾ stick) butter, melted
- 2 egg whites

Into a mixing bowl sift together flour, sugar, baking powder, baking soda and salt. Combine egg yolks, buttermilk and butter; stir into dry ingredients until smooth. Beat egg whites until stiff but not dry; carefully fold into batter. Bake until golden brown.



Lunch

Thuringer Sausage
Creamy German Potato Salad*
Buttered Rye Bread
Celery, Radishes
Ice Cream Cone Clown*
Milk

***CREAMY GERMAN POTATO SALAD**

4-6 servings

- 1 can (1 lb.) German potato salad
- ¼ cup dairy sour cream
(room temperature)
- Paprika

In a saucepan heat potato salad to serving temperature. (Do not boil.) Just before serving gently stir in sour cream. Spoon into serving dish and sprinkle with paprika.

***ICE CREAM CONE CLOWN**

Dip large scoop of ice cream and place on chilled dessert plate. Make face on ice cream using raisins for eyes, a peanut for the nose and a cherry for the mouth. Then place a tall pointed cone on top of ice cream as a cap.

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Dinner

Tomato-Cheeseburger Pie*
Buttered Green Beans
Perfection Salad, Nippy Sour Cream Dressing (pg. 15)
Rolls, Butter
Cinnamon Baked Apple (pg. 14), Whipped Cream
Milk

***TOMATO-CHEESEBURGER PIE**

6 servings

Pie plate, 9-inch Preheated 450° oven

Crust:

- 1 cup sifted regular all-purpose flour
- ½ teaspoon salt
- 2 tablespoons lard
- 3 tablespoons butter
- 3 tablespoons milk

Filling:

- 1 pound lean ground beef
- ¾ cup chopped onion
- 4 eggs, slightly beaten
- ½ cup milk
- 1 cup (4 oz.) shredded Cheddar cheese
- 1 teaspoon salt
- ½ teaspoon oregano
- ¼ teaspoon pepper
- 1 can (8 oz.) pizza sauce
- 6 triangles Cheddar cheese

To prepare crust: Into mixing bowl sift together flour and salt; cut in lard until it resembles coarse meal. Then cut in butter until it resembles small peas. Add milk, stir with fork until dough holds together. On lightly floured surface, roll dough to circle 1½-inches larger than inverted pie plate. Fit loosely into pie plate; fold edge to make high standing rim; flute. Prick with fork. Bake 8-10 minutes or until lightly brown. Meanwhile, prepare filling: In skillet break up beef and brown with onion; drain if necessary. In a mixing bowl combine eggs, milk, cheese, salt, oregano and pepper; stir in meat mixture. Turn into shell. Reduce oven temperature to 325° F. Bake 40-45 minutes or until a knife inserted near center comes out clean. Spread top with pizza sauce; bake 10 additional minutes. Arrange triangles of Cheddar cheese on top in spoke fashion. Cut into wedges.

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Merrymeals start with Milk's vitality



Merrymeals have built-in kid appeal when you serve them with tall, cold glasses of milk.

Milk is more than just a refreshing mealtime beverage. It's nature's own vitality drink . . . that helps your family restore their daily energy supply. And milk's vitality *stays* with them, hours longer.

Make sure your family has plenty of milk with meals. Remember, they need milk's special vitality every day.



american dairy association



**Orange Juice
Buttermilk Pancakes***

Bacon
Cocoa

Breakfast

***BUTTERMILK PANCAKES**

24 pancakes, 4-inch
Preheated griddle

- 2 cups sifted regular all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 3 egg yolks, slightly beaten
- 2 cups buttermilk
- 1/4 cup (1/2 stick) butter, melted
- 3 egg whites

Into a mixing bowl sift together flour, baking soda and salt. Combine egg yolks, buttermilk and butter; add to dry ingredients and stir until dry ingredients are moistened. Beat egg whites until stiff but not dry; carefully fold into batter. Bake on lightly buttered griddle.



Lunch

Creamed Tuna on Toast*

Tossed Salad
Apple Cupcake
Milk

***CREAMED TUNA ON TOAST**

4 servings
Saucepan, 2-quart

- 3 tablespoons butter
- 3 tablespoons regular all-purpose flour
- 1/4 teaspoon salt
- 1 1/4 cups milk
- 1 package (10 oz.) frozen peas
- 1 can (7 oz.) tuna, drained and flaked
- Buttered toast
- 2 hard-cooked eggs, sliced

In a saucepan melt butter; blend in flour and salt. Remove from heat; gradually add milk. Return to heat and cook, stirring constantly, until mixture thickens; reduce heat and cook 2 additional minutes. Meanwhile, cook peas according to package directions; drain if necessary. Add peas and tuna to sauce; heat to serving temperature. Spoon tuna over toast; garnish with hard-cooked egg.

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Dinner

**Skillet Chicken Supper*
Buttered Peas with Onions
Apple-Orange Cottage Cheese Salad
Rolls, Butter**

**Ice Cream Porcupine Balls* Chocolate Sauce (pg. 14)
Milk**

***SKILLET CHICKEN SUPPER**

4-6 servings
Covered skillet, 10-inch

- 1/2 cup regular all-purpose flour
- 1 1/2 teaspoons salt
- 1 teaspoon paprika
- 1 broiler-fryer chicken (2 1/2 lbs.), cut up, OR 6 servings chicken parts
- 1/4 cup (1/2 stick) butter
- 8 small potatoes, peeled and halved
- 1 large carrot, cut in 2-inch sticks
- 1 can (10 1/2 oz.) cream of chicken soup
- 1/2 cup dairy sour cream (room temperature)
- Salt
- Pepper

In a paper bag combine flour, salt and paprika; add chicken a few pieces at a time and shake to coat. In skillet melt butter; brown chicken. Push chicken

pieces to one side of skillet. Add potatoes and then carrots. Spoon soup over all. Cover and simmer 40-50 minutes or until chicken and vegetables are tender. Remove chicken, potatoes and carrots to platter and keep warm while preparing gravy.

To make gravy: To drippings in skillet gradually stir in dairy sour cream; stir until thoroughly blended; salt and pepper to taste. Heat to serving temperature. Spoon over chicken and vegetables; pass remaining gravy.

***ICE CREAM PORCUPINE BALLS**

Scoop large balls of vanilla ice cream; place on wax paper lined baking sheet and return to freezer to harden. Insert salted peanuts into ice cream to resemble a porcupine. Return to freezer until ready to serve. Spoon chocolate sauce over each serving.

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**Grapefruit Half
Confetti Scrambled Eggs*
Sweet Rolls
Milk**

Breakfast

***CONFETTI SCRAMBLED EGGS**

- ¼ cup (½ stick) butter
- ¼ cup chopped green pepper
- 2 tablespoons chopped onion
- 3 tablespoons regular all-purpose flour
- 1 teaspoon salt
- ½ teaspoon pepper
- 1½ cups milk
- 1 dozen eggs, slightly beaten
- ¼ cup chopped pimiento

In large skillet melt butter; sauté green pepper and onion. Blend in flour, salt and pepper. Remove from heat; gradually add milk. Return to heat and cook, stirring constantly, until thickened; reduce heat and cook 2 additional minutes. Stir in eggs and pimiento. Cook, lifting with spatula as mixture thickens. Eggs will hold up to 1 hour if covered and placed over low heat or in a warm oven. Makes 6 servings.



**Baked Bean Sandwich*
Carrots, Celery
Peach Halves, Cookies
Milk**

Lunch

***BAKED BEAN SANDWICH**

- 6 sandwiches
- Preheated broiler
- 1 can (1 lb.) baked beans
- 6 slices rye bread
- Butter, softened
- 6 tablespoons catsup
- 6 triangles Cheddar cheese,
approx. 4 x 1½ inches
- 12 slices bacon, partially cooked

In a small saucepan heat beans; drain if necessary. Meanwhile, toast and butter bread. To assemble sandwiches: Cover each slice of bread with about ¼ cup baked beans; then 1 tablespoon catsup and a triangle of Cheddar cheese. Cross 2 strips of bacon on top each sandwich. Place under broiler 1-2 minutes until cheese melts and bacon browns; serve immediately.

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**Roast Beef with Sour Cream Horseradish Sauce*
Butter Browned Potatoes* Buttered Carrots
Tossed Salad, Fluffy Blue Cheese Dressing*
Rolls, Butter
Milk Sherbet**

Dinner

***SOUR CREAM HORSE RADISH SAUCE**

Yield: 1¼ cups

- 2-3 tablespoons prepared horseradish
- 2 tablespoons chopped parsley
- 2 tablespoons chopped pimiento
- 1 cup dairy sour cream

Gently blend horseradish, parsley and pimiento into sour cream. Serve as a sauce with roast beef.

***FLUFFY BLUE CHEESE DRESSING**

Yield: 1 cup

- 1 cup cottage cheese (sieved)
- 1 tablespoon lemon juice
- ¼ teaspoon onion salt
- ¼ teaspoon sugar
- ¼ cup crumbled Blue cheese
- Half and half or light cream

In a mixer or blender beat cottage cheese, lemon juice, onion salt and sugar

until smooth. Blend in Blue cheese. If a thinner consistency is desired, one or two tablespoons of half and half or light cream can be added.

***BUTTER-BROWNED POTATOES**

- 6 servings
- Covered square baking dish, 10-inch
- Preheated 350° oven

- 6 baking potatoes
- ¼ cup (½ stick) butter
- Salt
- Pepper

Peel potatoes; cut in half lengthwise and dry with absorbent toweling. In oven melt butter in baking dish; roll potatoes in butter so that they are thoroughly coated. Arrange in dish. Sprinkle with salt and pepper. Cover and bake 1½ hours. Turn potatoes brown side up; continue to bake an additional 45 minutes to brown other side.

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And other recipes

STRAWBERRY SAUCE

Yield: 1½ cups

- 1 package (1 lb.) frozen strawberries, thawed
- 2 teaspoons cornstarch

In a saucepan combine juice from strawberries and cornstarch. Cook over medium heat, stirring constantly, until mixture thickens. Cook 2 additional minutes. Add strawberries and heat to serving temperature. (Do not overcook.)

CHOCOLATE SAUCE

Yield: 1¼ cups

- 1 package (6 oz.) semi-sweet chocolate pieces
- ¾ cup whipping cream
- 1 teaspoon vanilla (optional)

In a small saucepan heat chocolate pieces and whipping cream over low heat, stirring constantly, until chocolate melts and sauce is smooth. Stir in vanilla, if desired. Note: Keeps well in refrigerator up to 2 weeks.

CINNAMON BAKED APPLES

6 servings

Square baking dish, 9-inch
Preheated 400° oven

- 1½ cups water
- ½ cup sugar
- 5 tablespoons red hot cinnamon drops
- 3 tablespoons light corn syrup
- 6 cooking apples
- 2 tablespoons butter
- 6 tablespoons raisins
- Whipped cream

In a small saucepan combine water, sugar, cinnamon drops and corn syrup; heat over medium heat until cinnamon drops dissolve. Meanwhile, pare apples ¼ of the way down from top; core but do not go all the way through bottom; place in baking dish. In center of each apple place 1 teaspoon butter and 1 tablespoon raisins. Pour syrup over apples. Bake 35-45 minutes, basting frequently with syrup, or until apples are tender. Serve warm or cold topped with whipped cream.

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PERFECTION SALAD WITH NIPPY SOUR CREAM DRESSING

6 servings

Salad mold, 4-cup

- 2 tablespoons (2 envelopes) unflavored gelatin
- 2½ cups water
- ¼ cup sugar
- ½ teaspoon salt
- ⅓ cup vinegar
- 1 tablespoon lemon juice
- 1 cup shredded cabbage
- ½ cup shredded carrot
- ¼ cup chopped green pepper
- 2 tablespoons chopped pimiento

In a saucepan soften gelatin in water; heat over low heat, stirring constantly, until gelatin is dissolved. Remove from heat; add sugar, salt, vinegar and lemon juice; stir until sugar is dissolved. Chill until jelly-like in consistency. Add cabbage, carrot, green pepper and pimiento. Turn into mold; chill until firm. Unmold onto salad greens.

NIPPY SOUR CREAM DRESSING Yield: ½ cup

- ½ teaspoon grated lemon rind
- ½ teaspoon prepared mustard
- ¼ teaspoon salt
- ¼ teaspoon sugar
- ¼ teaspoon celery salt
- ½ cup dairy sour cream

Gently blend lemon rind, mustard, salt, sugar and celery salt into sour cream. Cover and chill.

RELISH COLESLAW

4 servings

- 1 tablespoon pickle relish
- ½ teaspoon prepared mustard
- ¼ teaspoon sugar
- ¼ teaspoon salt
- Dash of pepper
- ½ cup dairy sour cream
- 2 cups shredded cabbage
- ¼ cup shredded carrot
- 2 tablespoons chopped green pepper

Gently blend pickle relish, mustard, sugar, salt and pepper into sour cream; cover and chill. In a bowl combine cabbage, carrot and green pepper; add sour cream dressing and toss.

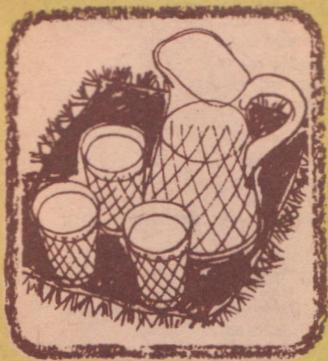
QUICK SOUR CREAM DRESSING

Yield: ½ cup

- 1½ teaspoons sugar
- 1 teaspoon cider vinegar
- ¼ teaspoon salt
- ½ teaspoon prepared mustard (optional)
- Freshly ground black pepper
- ½ cup dairy sour cream

Gently blend sugar, vinegar, salt, mustard and pepper into sour cream. Spoon over tossed green salad.

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Milk-tasty mate with every meal

Milk is nature's most nearly perfect food and is of primary importance in your family's daily diet.

Milk gives both youngsters and adults the pep and vitality they need to carry them through activity-packed days. It provides lasting energy from meal to meal. So help your family stay healthy and happy. Serve plenty of milk, hot or cold, at every meal.



a message from dairy farmer members of
american dairy association